

Is Your School Ready to Take the HealthierUS School Challenge (HUSSC)?



Answer **Yes** to the following questions on this checklist and your school is ready!

About your School:	
	Is your school a Team Nutrition School?
	Does your school participate in both the National School Breakfast and National School Lunch Programs?
	Do school meals meet the USDA nutrition standards for reimbursable meals?
	Have all corrective actions from school's most recent State review of school meals program been completed?
	Is your School Food Authority 6 Cents certified?
Does your school maintain an Average Daily Participation (ADP) for BREAKFAST that meets the following criteria:	
	Elementary and Middle Schools: No requirement for Bronze, 20% for Silver, 35% or higher for Gold and Gold of Distinction?
	High Schools: No requirement for Bronze, 15% for Silver, 25% or higher for Gold and Gold of Distinction?
Does your school maintain an Average Daily Participation (ADP) for LUNCH that meets the following criteria:	
	Elementary and Middle Schools: No requirement for Bronze, at least 60% for Silver, 75% or higher for Gold and Gold of Distinction?
	High Schools: No requirement for Bronze, 45% for Silver, 65% or higher for Gold and Gold of Distinction?
In your School Breakfast Program, does your school:	
	Offer at least 3 different fruits on 3 different days per week for Bronze and Silver?
	Is a different fruit offered each day for Gold and Gold of Distinction? 100% juice can be counted as a fruit only once per week.
	Is at least one fruit per week being served fresh for Bronze/Silver, two fruits per week being served fresh for Gold and Gold of Distinction?
	Are at least 50% of grains offered weekly whole grain-rich for Bronze/Silver, 70% for Gold, 100% for Gold of Distinction?
In your School Lunch Program, does your school:	
	Offer dark-green, red/orange vegetables, beans and peas in amounts equivalent for meeting the meal pattern with one additional ½ cup serving from any of the three vegetable subgroups (dark-green, red/orange vegetables, dry beans and peas) being offered weekly for Bronze/Silver, two additional ½ cup servings offered weekly (1 cup total) for Gold and Gold of Distinction?
	Offer at least 5 different fruits each week with a different fruit each day? 100% juice can be counted as a fruit only once per week.
	Is fresh fruit being served at least once per week for Bronze, twice per week for Silver, three times per week for Gold, four times per week for Gold of Distinction?
	At least 2/3 of weekly grains offered are whole grain-rich for Bronze/Silver, 100% of all grains for Gold and Gold of Distinction?
	Offer at least three different types of whole grain-rich foods on three different days per week?
Does your school offer competitive foods (a la carte, vending machines, school stores):	
<i>Bronze/Silver:</i> Served in the foodservice area, only during meal periods	
<i>Gold and Gold of Distinction:</i> Served anywhere in the school, at all times of the school day	
	Served in portions of 200 calories or less?
	Providing less than 35% of calories from total fat, excluding nuts and reduced fat cheeses?
	Trans fat-free or contain less than 0.5g trans fat per serving?
	Providing less than 10% of calories from saturated fat (excluding reduced-fat cheeses)?
	At or below 35% by weight for total sugar, with fruit and vegetables being exempt?
	<i>For Bronze/Silver:</i> At or below 480mg per side dish and 600mg per main dish for sodium?
	<i>For Gold and Gold of Distinction:</i> At or below 200mg for side dishes and 480mg for main dishes?
In your school, are competitive beverages limited to:	
	Low fat or fat-free milk in 8 ounce servings?
	100% fruit/vegetable juice in 6 ounce servings for elementary and middle schools or in 8 ounce servings for high schools?
	Water that is non-flavored, non-sweetened, non-carbonated, non-caffeinated, and without non-nutritive sweeteners?

Does your school provide nutrition education to students that meets the following criteria:	
Elementary Schools	
	Is nutrition education provided to all full-day students in all grades?
Middle Schools	
	Is nutrition education offered in at least one grade during the school year?
	For Gold or Gold of Distinction, nutrition education is offered in at least two grades?
High Schools	
	Is nutrition education offered in two courses required for graduation?
Does the physical education program provided at your school meet the following recommendations: (Be prepared to describe any physical activity opportunities offered such as annual events like Jump Rope for Heart, Walk to School Day, Field Day, etc. *Structured physical activity does not include recess; must be planned by a certified PE teacher and implemented by a classroom teacher or school administrator; all students must participate; provided in increments of at least 10 minutes.)	
Elementary Schools	
Do all students have the opportunity to participate in a minimum average of:	
	<i>Bronze/Silver:</i> 45 minutes per week with no more than 20 minutes of structured physical activity* counting towards meeting the minimum?
	<i>Gold:</i> 90 minutes per week with no more than 45 minutes of structured physical activity counting towards meeting the minimum?
	<i>Gold of Distinction:</i> 150 minutes per week with all students participating in physical activities and no more than 45 minutes of structured physical activity counting towards meeting the minimum?
Middle Schools	
	Are physical education classes provided to at least two grades with all grades having the opportunity to participate in physical activity?
High Schools	
	Is physical education offered in at least two courses with all grades having opportunity to participate in physical activity?
All Grade Levels	
	Does your school implement a local school wellness policy? Provide documentation showing 3 ways your school is working toward meeting your local school wellness policy goals?
	Does your school have an active school wellness committee?
	Does your school use primarily non-food items for fundraising activities with any food items sold during school day meeting the HUSSC criteria for competitive foods?
	Does your school demonstrate a commitment to prohibit the use of food as a reward? Food is not used to reward students for good behavior or completing an assignment.
Is your school meeting the requirements for Other Criteria for Excellence?	
	<i>For Bronze:</i> at least 2 options
	<i>For Silver:</i> at least 4 options
	<i>For Gold:</i> at least 6 options
	<i>For Gold of Distinction:</i> at least 8 options

HealthierUS School Challenge <http://www.fns.usda.gov/tn/healthierus/index.html>



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